

POWER YOUR PARENTING

ENGAGING & INFORMATIVE CLASSES FOR PARENTS

- Free to attend
- Refreshments provided
- Door prize giveaways

White-Wilson Medical Center, P.A.
1005 Mar Walt Dr.
Fort Walton Beach, FL 32547

Reserve Your Seat
Scan the QR code or call 850-863-8204

WHITE-WILSON
MEDICAL CENTER, P.A.

AUG. 3 | 5:30 PM
Cyber Safety

The good, the bad and the ugly on cell phones, internet, gaming, social media, bullying and more. **Shana Haywood, PNP**, is pairing up with the **Okaloosa County Sheriff's Office** to talk about the cyber safety issues all parents should be aware of.

SEPT. 8 | 5:30 PM
Tips For a Healthy School Year

Learn how busy families can stay healthy by managing asthma, illnesses and medications this school year. Join us as we cover common school-age illnesses such as stomach viruses, colds, allergies, asthma attacks and much more.

OCT. 4 | 5:30 PM
Awkward Conversations

Even for adults, conversations about growth, puberty and sexual health may feel uncomfortable. **Dr. Melanie Parm** will help you prepare for these tricky but important conversations, so when the time comes you are ready to have age-appropriate and helpful talks with your child.

NOV. 3 | 5:30 PM
Emergency Basics

As a parent, it's always good to be prepared. From basic first aid tips to emergency response strategies, **Dr. David Erickson** and First Responder **Jeffrey Pendleton** will discuss accident prevention and reaction techniques.